

RAKUEN TRANSLATIONS



TRANSLATOR:

/A/NONYMOUS

PROOFREADER:

/A/NONYMOUS

RAW PROVIDER:

/A/NONYMOUS

CLEANER:

PAPO41

TYPESETTER:

PAPO41

READING:
BATOTO

DOWNLOAD:

MEGA



RAKUEN TRANSLATIONS



IKEBUKUROTRANSLATIONS.
BLOGSPOT.PE

DEAR SUCCUBUS SISTER

WE ARE LOOKING TRANSLATORS FOR:



Author: Kadono Yu

RENGOKU NO KARMA



Author: Hirose Shun

RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED
ON HELPING US,
WRITE US ON OUR
FACEBOOK PAGE OR
CONTACT US AT OUR
BATOTO ACCOUNT
PAPO41



WE'RE ALSO RECRUITING TYPESETTERS,
REDRAWERS AND CLEANERS.

CHAPTER 8: DUMBBELL CURLS









SENSEI,
YOU
JOINED
UP,
TOO?

ザーン



AND OF
COURSE
THERE
ARE STU-
DENTS.

OH,
IT'S THE
WORLD
HISTORY
TEACHER,
TACHIBANA-
SENSEI.

AN HONORS
STUDENT AND
THE STUDENT
COUNCIL
PRESIDENT.
TO TOP IT
OFF,
HER OLDER
SISTER'S A
BOARD
CHAIRWOMAN.



AND THIS
IS 2-A'S
SOU-
RYUUN
AKEMI.



HER
GRADES
ARE BELOW
AVERAGE.

I
BELIEVE
THIS
GIRL...
IS CLASS
2-B'S
SAKURA
HIBIKI.



WE JUST JOINED, TOO.

IS THAT SO~

S-SO I'M JUST COMING TODAY TO CONSIDER JOINING...

I NEVER WOULD HAVE THOUGHT THESE TWO GOT ALONG...



IS, IS THAT SO...?

DON'T MIND HER, SENSEI. THIS GIRL HAS AN INSANE MUSCLE FETISH.



YEAH, OKAY...
.....?EHP? MACHO...? HUH?

IT'S A WONDERFUL OPPORTUNITY, WE SHOULD ALL AIM TO BE MACHO TOGETHER, SENSEI!



AND THIS GIRL'S MAKING IT EVEN WORSE.

I GET YA, YOU'RE A TEACHER BUT ALSO A GIRL. LET'S GET SOME NICE BODIES, THEN WE CAN HORDE ALL THE ATTENTION FROM GOOD MEN!



WHAT-EVER.

I'LL JUST QUICKLY LOOK AROUND AND GO HOME.



GOING TO THE SAME GYM AS MY STUDENTS...

BUT SERIOUSLY



I
REALLY
HOPE
TO BE
OF
SERVICE
TODAY!

VERY NICE
TO MEET
YOU!
I'M YOUR
TRAINER,
MACHIO
NARIZOU.



WELL THEN,
LET'S ALL
START
TRAINING
TOGETHER!

THAT
SOUNDS
GOOD.

TACHIBANA-
SENSEI IS A
TEACHER
FROM OUR
SCHOOL.



SATOMI
FELL
INSTANTLY
FOR THE
CAPTIVA-
TING MAN.

.....I'm
Joining
♥



NO,
NOT
AT
ALL...

TACHI-
BANA-
SENSEI,
DO YOU
HAVE MUCH
EXPE-
RIENCE IN
SPORTS?



SO
LET'S
BEGIN.



PUSH-UPS

Sit-ups

I TRIED
CALISTHE-
NICS AT
HOME
OVER THE
WEEKEND,
BUT FOUR
DAYS HAVE
GONE BY
AND MY
MUSCLES
ARE STILL
SORE.



IT MIGHT
SEEM EMBA-
RRASSING,
BUT I FEEL
LIKE I'M
GAINING
WEIGHT
THESE
DAYS...

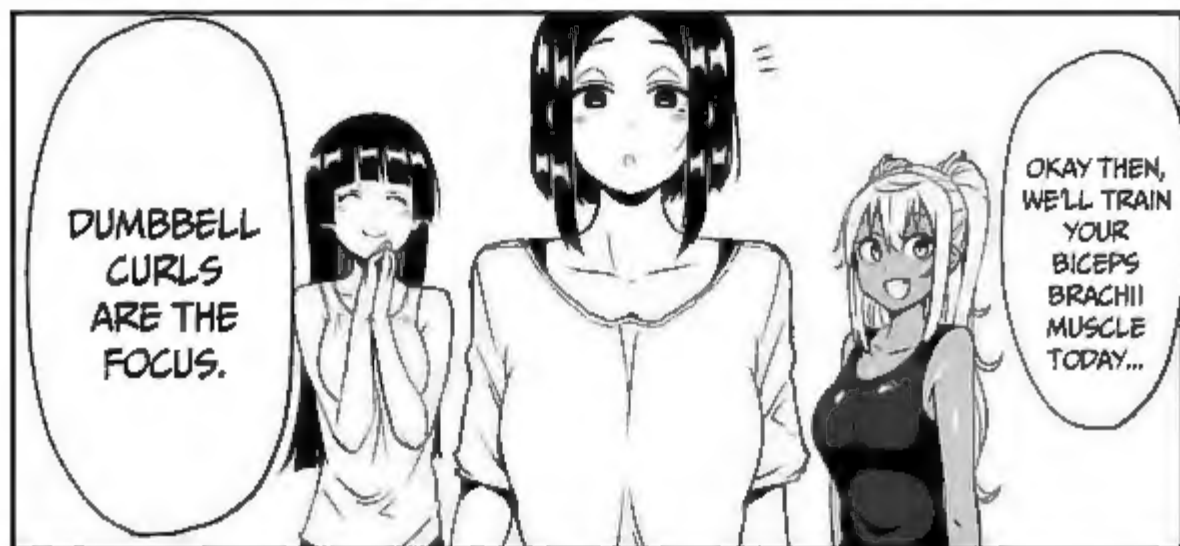
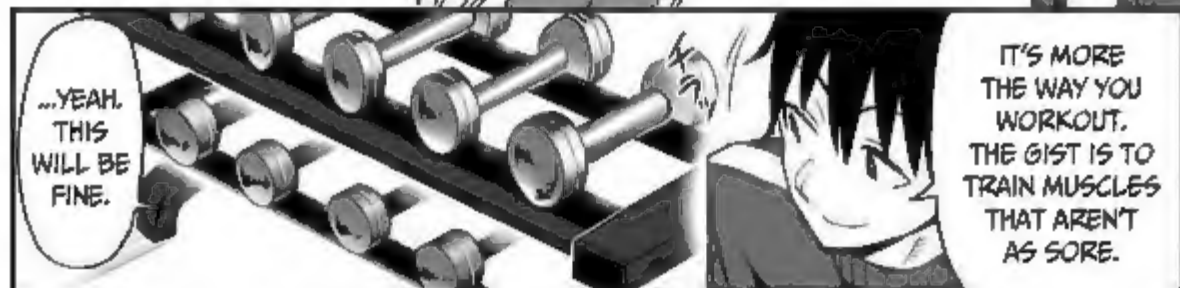
SAKURA-SAN,
ARE YOU
TRYING TO
PICK A FIGHT
WITH ME?



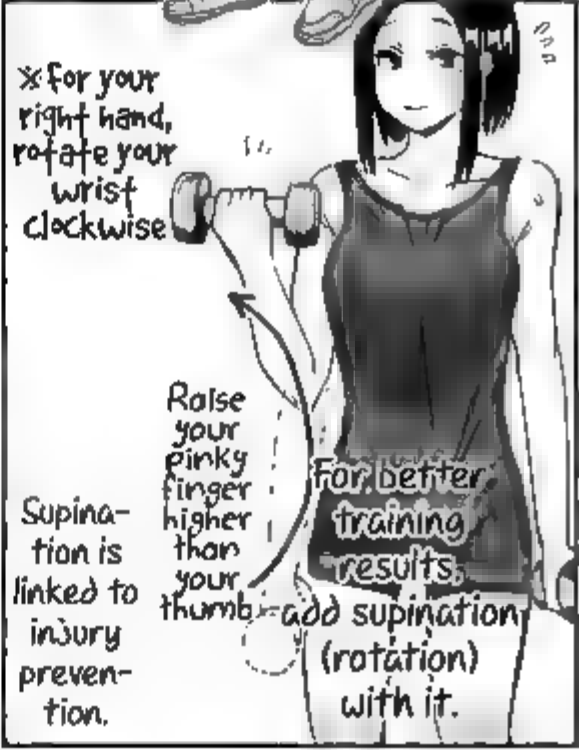
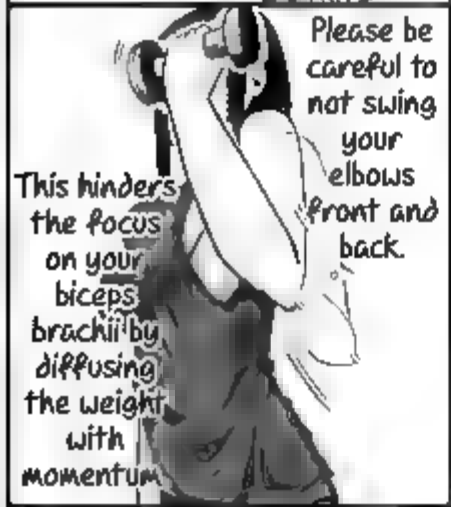
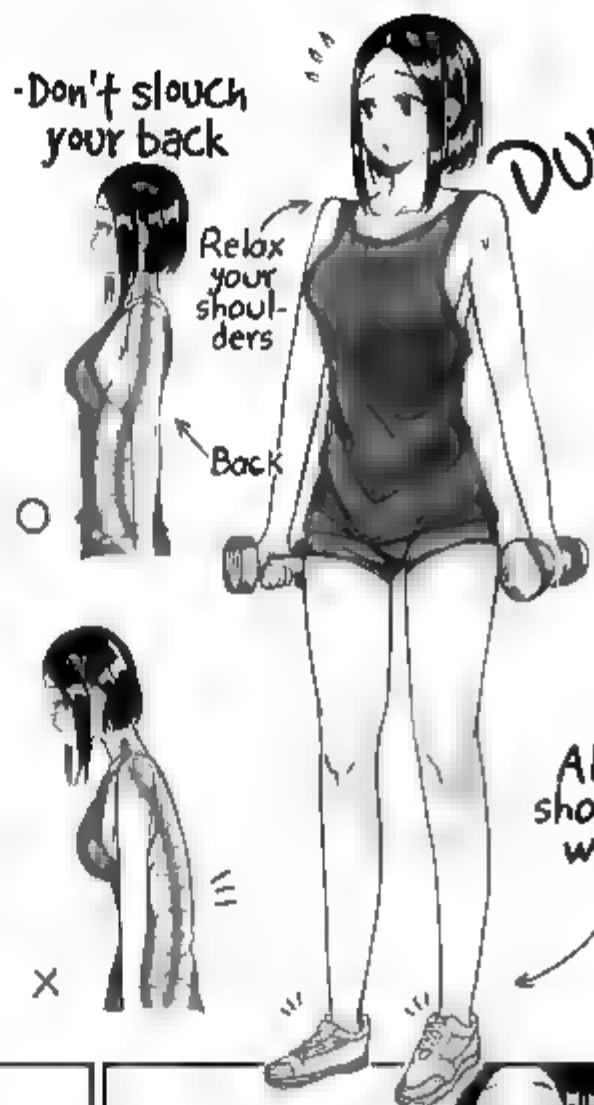
MY MA'S
ALWAYS LIKE
THAT GRUM-
BLING ABOUT,
"GETTIN' OLD
AND TAKIN'
LONGER TO
RECOVER
FROM INJURY,"
TOO.



AH—
I GET
IT.



DUMBBELL CURLS







OF COURSE!
THE MOST
ESSENTIAL
PART OF
WEIGHT
TRAINING
ISN'T HOW
MUCH WEIGHT
YOU'RE
HANDLING.

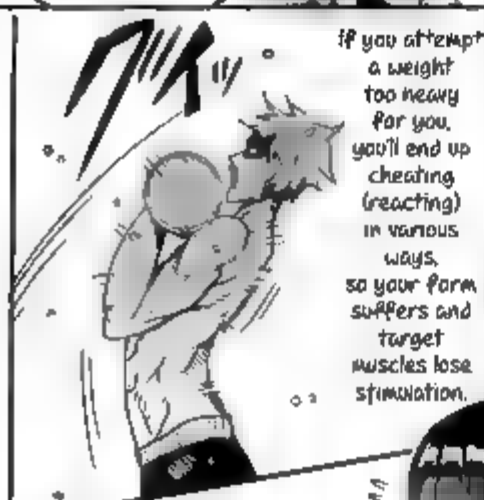
"EFFICIENCY
WITH PER-
FECT FORM"
IS THE MOST
IMPORTANT.



DOES IT
ALL MAKE
SENSE?
WE'LL
START WITH
TWO KILOS
TODAY.



TWO KILOS...
DOES IT
WORK WHEN
IT'S THIS
LIGHT?



if you attempt
a weight
too heavy
for you,
you'll end up
cheating
(reacting)
in various
ways,
so your form
suffers and
target
muscles lose
stimulation.



AH—...
I CAN
SEE
THAT.

THIS IS ESPECIALLY
COMMON AMONG
MEN, AS THEY
FREQUENTLY BEGIN
CHALLENGING
THEMSELVES WITH
THE HEAVIEST
WEIGHTS RIGHT
FROM THE START.



TH-
THAT'S
TRUE.

HN
♥

4 kg

LOOK
THOSE TWO HAVE
GOOD FORM WITH
A WEIGHT THEY
CAN HANDLE
EASILY, RIGHT?

HUP!



A human weighs that much...

IS THIS GUY EVEN THE SAME SPECIES AS ME...

I WAS ONLY AT 50KG DUMB-BELL CURLS THEN.

WHEN I BEGAN, I ALSO MADE SURE TO FOCUS ON FORM WITHOUT WORRYING ABOUT THE TRIVIAL WEIGHT.



OKAY

REMEMBER: YOU SHOULD ALTERNATE BETWEEN LEFT AND RIGHT UNTIL YOU'RE USED TO IT SLOWLY AND CAREFULLY.

ALRIGHT THEN, LET'S TRY IT.

7-8...

Ha ah

GH..... IF YOU DO IT ENOUGH, IT GETS HARD EVEN WHEN LIGHT-WEIGHT...!

4... 5...

1... 2...

OH, OKAY.



GOOD IDEA IF I BUY DUMBBELLS, IT'LL TAKE UP SPACE.

Ha ah

Ha ah

Fill a 2L bottle with water

YOU'VE GOTTEN IT! AT THIS WEIGHT, YOU DON'T EVEN NEED TO BUY DUMBBELLS, JUST SUBSTITUTE THEM WITH PLASTIC BOTTLES.



FUU-
UUU-
WCK-
Kkkk
!!!!!!

.....
....OH....
.....

NO...
MAYBE
A BOY-
FRIEND...
UHH...

WHAT'S
THIS?
YOU TRYIN'
TO GET A
BOY-
FRIEND?

YOU DO~
THAT'S
SOME
WEIRD
SWIM-
SUIT.

DON'T GO
BULLYING
ADULTS.

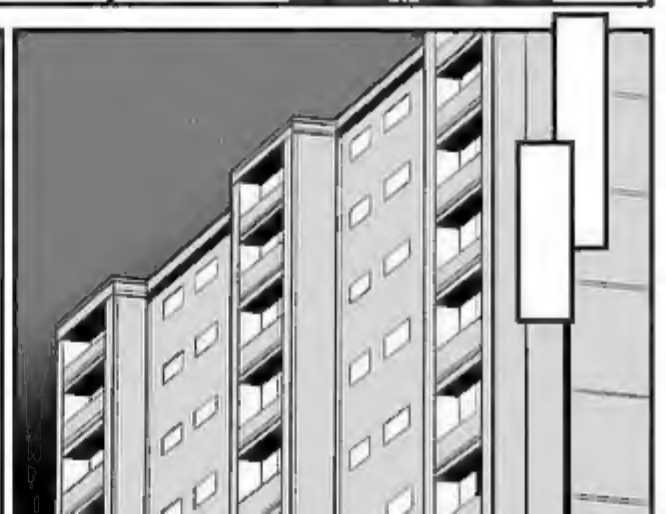
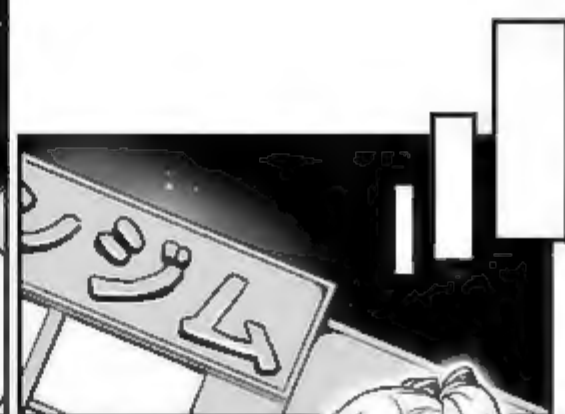
WHOA
NOW!

AH, NO...
WELL!
I WANTED
TO TRY OUT
DIFFERENT
KINDS OF
SWIM-
SUITS.

MACHIO-SAN...
I'M HAPPY
YOU COVERED
FOR ME,
BUT I FEEL LIKE
SOME UNBELIEVA-
BLE MISUNDERS-
TANDING JUST
TOOK PLACE.

OKA-
AAY.

EVERY PERSON
HAS THEIR OWN
HOBBIES.
AND
TACHIBANA-
SENSEI IS
FREE TO HAVE
WHATEVER
"HARDCORE
HOBBY"
SHE HAS!







AGE LIMIT



TACHIBANA SATOMI
PUSHING
HER
COSPLAY
AND
HERSELF
TO THE
ABSOLUTE
LIMIT.

I
CANNOT
LET ANY
OF MY
STU-
DENTS
KNOW...

...THIS
IS...
APPRO-
PRIA-
TE.....?

